

health. moves. minds.

**Please note:** Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
	Jump Rope Ladder
Submitted by	Susan Kuhn
National Standard(s)	<ul> <li>PE:</li> <li>Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</li> <li>Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</li> </ul>
Grade Level Outcome or Performance Indicator	S1.E27.3 Performs intermediate jump rope skills for both long and short ropes. S1.E27.4 Creates a jump rope routine with either short or long rope. S1.E27.5 Creates a jump rope routine with a partner, using either short or long rope.
Activity Objective	The Student Will Be Able To: <ul> <li>Pick the jump rope that is the appropriate size</li> <li>Perform basic jump roping</li> </ul>
Grade(s)	3-5
Materials	<ul> <li>Enough jump ropes of the correct size for all students</li> <li>A visual, ladder poster for all students to view</li> </ul>
	Activity Description

The students will use skill progressions to improve their individual jump rope skills. Explain to them that a skill progression challenge means something starts easy and gets harder as you practice. The Jump Rope Ladder starts at the bottom, just like how you climb a ladder. Each step on the ladder gets harder. The bottom is the easiest and the top is the hardest. Each step of the ladder should also include a picture that indicates the skill for that level. In order to complete a level you must do the skill at least 5 times. See sample image of ladder at the end of the document.

## Conclusion/Assessment:

Assessment will include:

- Asking students where they began and ended.
- Assign a goal for students to achieve and a window of time for a grade.
- Have a student explain to a partner or the teacher what the Jump Rope Ladder is.
- Teacher observation

## **Modifications**

Include ways to modify this activity for advanced, lower level and inclusion students.



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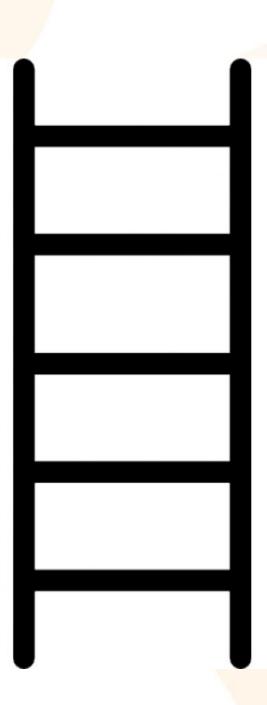
## Differentiation/Inclusion:

- Allow students to use skipping sticks, to shadow the movement.
- Use a long jump rope being turner or jumper.
- Jump over a rope on the floor or a line.
- Perform all jumps in place.

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